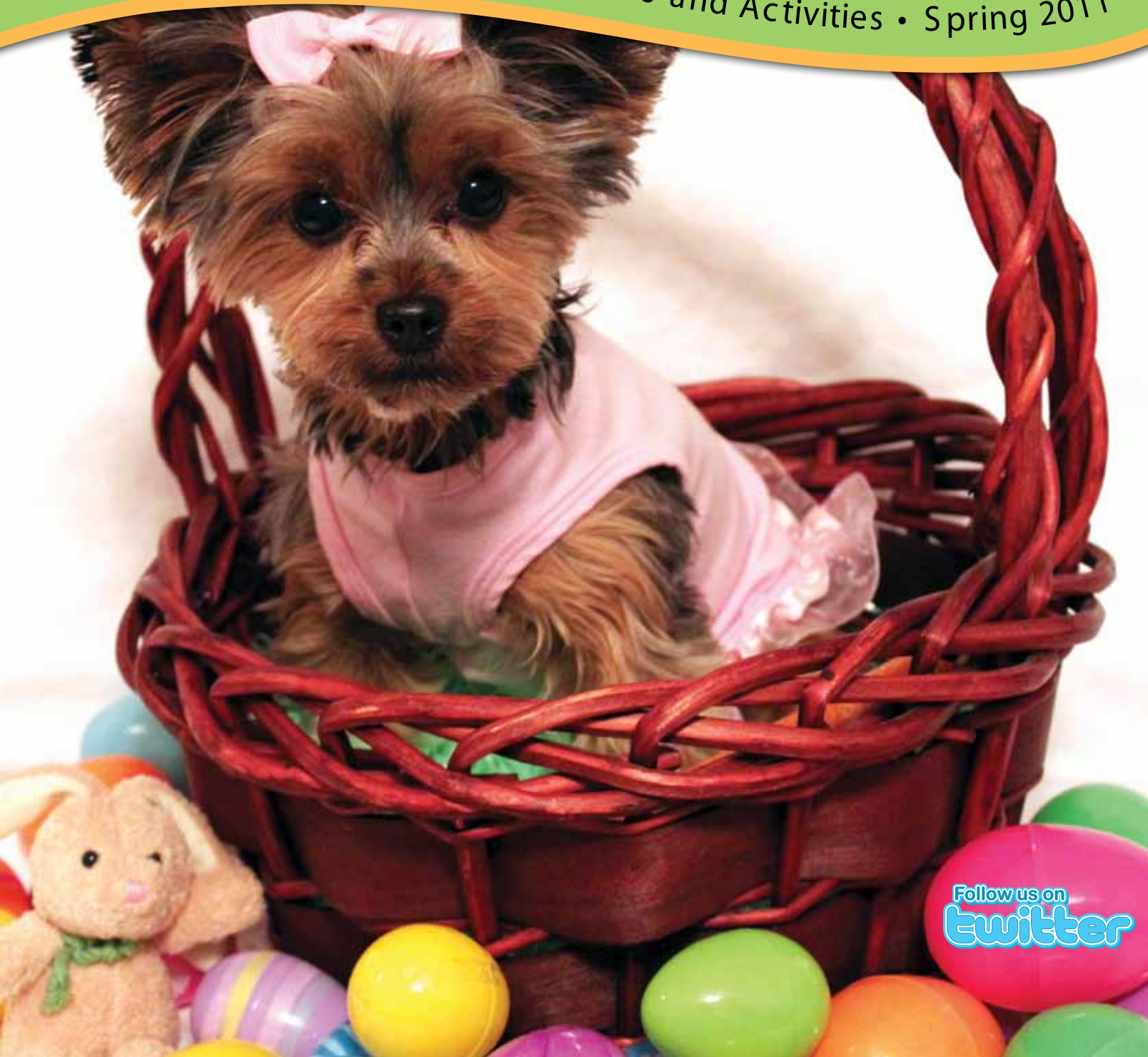


Shoreline



City of Seal Beach Classes and Activities • Spring 2011



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City of Seal Beach

211 8th Street, Seal Beach, CA 90740
(562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Michael Levitt, District 5
Mayor Pro Tem	Gary Miller, District 4
Council Member	Charles Antos, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3

CITY STAFF

City Manager	Patrick P. Importuna
Asst. to the City Manager	Jill Ingram
City Clerk	Linda Devine
Chief of Police	Jeff Kirkpatrick
Director of Development Services	Mark Persico
Dir. of Administrative Services	Robbeyn Bird
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Comm. Services Supervisor	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Kukuruda, ext. 1306

RECREATION COMMISSIONERS

District 1	Terry Barton
District 2	Leonard DeLay
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Graham McAllister

MUNICIPAL MEETINGS

Redevelopment Agency
Follows Council Meeting when necessary

Planning Commission
7:30pm; 1st & 3rd Wed per month

Environmental Quality Control Board
6:30pm; Last Wednesday/month

Recreation Commission
6:00pm; 4th Wednesday/month

January, February, March, April, May, June, September, October, November

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HOLIDAY CLOSURES

President's Day – February 21

Memorial Day – May 30

Day Light Savings –
Spring Forward

Sunday,
March 13



City News

City of Seal Beach



Spring 2011

A Message from the City Manager's Office



City Manager
Patrick P. Importuna

This year in Seal Beach, we started a new year on January 3rd at City Hall. It was a pleasure and privilege for me to accept the City Council's appointment to serve as Interim City Manager for the City of Seal Beach. I would like to thank the City Council for the opportunity and confidence they have in me to provide leadership to the City, staff, and the community over the next several months while the City Council searches for a new City Manager.

I was fortunate to serve the City of Seal Beach as Interim Assistant City Manager from April through October 2008 as the City recruited to fill the position on a full time permanent basis, and am excited to be invited back to serve the community. So although I am very familiar with the Seal Beach community, there has been a lot to take in during the first month on the job; however, I believe I can help the City Council get to the next level over the next several months. In that regard, the City Council has directed me as Interim City Manager to work in collaboration with the City Council, staff, and the community to lead the City forward in 2011 by focusing the organization's resources through the annual budget process

and operational goals and objectives to the most optimal benefit of the community.

I bring to Seal Beach over 30 years of experience serving as City Manager for the cities of Cypress, North Las Vegas, and Lawndale, as well as Deputy City Manager for the cities of North Las Vegas and Garden Grove, and Assistant City Manager for the City of Garden Grove. Additionally, my public sector background includes experience as a Community Development Director for the cities of Alhambra, Fontana, Lynwood, and Garden Grove, and successfully negotiating key partnerships between the public and private sectors to further office space lease opportunities, develop hotels, and secure nationally known tenants for commercial shopping centers.

As I continue to work together with the City Council, staff, and the community as both a resource and catalyst to improve the quality of the services our City provides, I am confident that together we can address the opportunities and challenges ahead in the next few months.

Sincerely,

*Patrick P. Importuna
City Manager*

Farewell to Outgoing Council Member Charles Antos

On February 14, 2011, Council Member Charles Antos will participate in his final City Council meeting after eight years of dedicated service to the Seal Beach community. Council Member Antos was first elected in 2002 and re-elected in 2006 to represent District 1, including Old Town and the Surfside Colony. A reception will be held at City Hall on February 14th for the City Council, City staff, and community members to express their thanks and best wishes to Council Member Antos for his dedication and hard work on behalf of the City.

Council Member Antos served with a keen interest in planning issues

and he was an instrumental supporter of several projects over the years for the betterment of not only District 1 residents that he was elected to represent, but the greater community as well. Just to name a few..... Marina Drive bridge, Old Town sewer lining project and manhole upgrades, annual concrete repair program, annual slurry seal program, news racks on Main Street, three storm drain projects, pier decking replacement, East Sand Beach replenishment and nourishment project, Eisenhower Park restroom upgrades, Old Town street improvements, McGaugh community pool improvements, development of the Street Tree Master



Council Member **Charles Antos**

Plan, Police Department remodel, City hall restroom remodel, "In God We Trust" motto in the Council Chambers, Lampson Avenue water well develop-

Antos Continued Page 6

5K/10K Race Director Retires

While a high school freshman in San Antonio, Bill began running track, winning the Texas State Championship in the mile run his senior year. He attended Texas A&M University and also ran track there while earning a bachelor degree in marketing with a minor in mechanical engineering. Being a member of the famed Texas Aggie Corp of Cadets following graduation, he was commissioned a second lieutenant in the U.S. Air Force where he served three and a half years. During this period of time Bill participated in competitive long distance running events.

Upon moving to Seal Beach Bill quickly got involved in the local running

community. In 1998, Bill worked to incorporate the Seal Beach 10K into a non-profit organization and began putting together the single 10K race into three different races: a 5K run, a 10K run and a 1K Kid's Fun Run, all on the same morning. Additionally, all proceeds would be given back to the local community for recreational, physical fitness and wellness purposes.

Through Bill's dedication; over \$750,000 has been given back to the greater Seal Beach and Los Alamitos communities. The yearly participation has grown from 300 runners to a total exceeding over 5,500 runner and walkers in 2010. Although Bill has retired from



Race Director **Bill Ayres**

his position as race director he continues to remain involved with the race. The City of Seal Beach and the community appreciate Bill's dedication to make Seal Beach a better place to live and visit.

You're Gonna Love Our Summer Camps!

See **Pages 21-27** for additional information.

West County Connectors - Overview

The West County Connectors Project was initiated by the Orange County Transportation Authority (OCTA) and the California Department of Transportation (Caltrans) to link high occupancy vehicle (HOV) lanes/carpool lanes on the San Diego Freeway (I-405) with those on the Garden Grove Freeway (SR-22) and San Gabriel River Freeway (I-605) to create a seamless HOV connection amongst the three freeways. The project traverses the cities of Garden Grove, Westminster, Seal Beach, Los Alamitos, Long Beach and the community of Rossmore.

The project also will:

- construct two direct HOV connectors
- add a second HOV lane in each direction on I-405 between the SR-22 and the I-605
- eliminate HOV users weaving across general purpose lanes to switch to and from HOV lanes.

- reconstruct on- and off-ramps
- construct sound walls and retaining walls at various locations
- add landscaping and enhance aesthetic elements.

SR-22/I-405 HOV Connector Segment

Construction is under way on the SR-22/I-405 HOV Connector segment. This segment will:

- Directly connect the westbound SR-22 HOV lane at Valley View Street to the HOV lane on northbound I-405 and the reverse movement.
- Reconstruct the Valley View Street bridge crossing over the SR-22 and I-405.

I-405/I-605 HOV Connector Segment

The I-405/I-605 HOV Connector Project, scheduled to start construction in Jan. 2011, is the westerly segment of



the project and traverses through the cities of Seal Beach, Los Alamitos, Long Beach and the community of Rossmore.

The segment will:

- Directly connect the northbound I-405 HOV lane to the HOV lane on the northbound I-605 and the reverse movement
- Reconstruct the Seal Beach Boulevard bridge crossing over I-405.

For additional information or questions, contact Public Works/Engineering at (562) 431-2527 ext. 1322 or OCTA at (714) 560-OCTA (6282).



ment, North Gate Road and reservoir improvements, and the replacement of Fire Station 48.

Council Member Antos served as Mayor for two one-year terms during his tenure, as well as Mayor Pro Tem and Chairman of the Redevelopment Agency. He has also continued to be active with the League of California Cities, League of California Cities – Orange County Division, Los Alamitos Unified

School District Standing Committee, Orange County Sanitation District, West Orange County Water Board, Seal Beach Affordable Housing Corporation, Southern California Association of Governments, Santa Ana River Flood Protection Agency, Orange County Library Board, and the Orange County Fire Authority.

In addition to his service as an elected official in Seal Beach for the past eight years, Council Member Antos recently retired from the County of

Orange after nearly 37 years of public service as a Planner serving the constituents of the County and the City of Seal Beach. So as you can see, he leaves behind a wealth of historical and institutional knowledge to the City Council, City staff, and the entire community.....and we thank Council Member Antos as his eight-year tenure of dedicated service comes to a close in Seal Beach, with best wishes in all future endeavors!

Electric Avenue Storm Drain Update

The City is constructing storm drains on Electric Avenue between Seal Beach Boulevard and 14th Street. Construction has begun and is anticipated to be completed by summer of 2011. The contractor has completed installing storm drain pipes on 17th, 16th, 15th and 14th street. Parking will be restricted where the contractor is working and the City has allowed additional parking spaces along the south side of Electric Avenue. Please observe the traffic control and parking restriction signs and be cautious around the work area. If there are any questions, call the Public Works Department at (562) 431-2527 x1331.



City Seeking Input for Marina Park Development

The City of Seal Beach is seeking public input for development of Marina Park. The city is currently preparing an application for a statewide parks grant that can be used to fund improvements to expand Marina Park. Any resident interested in participating in the planning process is welcome to attend the following public meetings:

February 17, 2011

Council Chambers – 6:00 p.m.

March 2, 2011

Senior Center at Mary Wilson Library – 6:00 p.m.

March 15, 2011

Fire Station 48 Community Room – 3:00 p.m.

March 15, 2011

Seal Beach Tennis Center – 6:00 p.m.

March 16, 2011

Senior Center at Mary Wilson Library – 6:00 p.m.

March 30, 2011

Council Chambers – 6:00 p.m.

April 20, 2011

Planning Commission
Council Chambers – 7:30 p.m.

April 27, 2011

Recreation and Parks Commission
Council Chambers- 6:00 p.m.

Class registration begins February 14

*Don't forget to register early to avoid class cancellations – See **Page 30** for registration information.*

■ CLUBS & ORGANIZATIONS

American Legion Post #857	Joe Palmer — 562-596-3950
Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts	Lynn Gosselin — 562-596-4315
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	Belinda — 562-598-0116
Seal Beach Beauty Pageant	Barbie — 562-431-5679
Seal Beach Lions Club	Scott Newton 562-537-3955
Seal Beach Leo Club	Scott Newton 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	562-430-6671 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
The Seal Beachcombers Club	Resident SOCAL Club — 562-243-8987 www.sealbeachcombers.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Twyla Karkut — 562-431-7290

■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-431-2527, ext 1202
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Sunset Beach Lifeguards	949-499-3312
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3	562-596-1404 Community Access
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm (562) 431-2527, Ext. 1344
Address	211 8th Street, Seal Beach, CA 90740
Ext. 1344	— General information & Classes
Ext. 1307	— Adult Sports, General Information
Ext. 1306	— Brochure/Classes, Instructors, Facility/Park Rentals/Community Gardens
Ext. 1341	— Athletic Fields, Aquatics, Swim Lessons and Gym Reservations
Ext. 1308	— Administrative Inquiries: Jill Ingram

How Many Easter Eggs Can You Find?

Present this spring 2011 issue of Shoreline to the Community Services Department with all 15 of the hidden Easter Eggs (excluding the eggs on the cover and in this ad) highlighted and receive \$2 off your class registration! One discount per household, valid for all spring 2011 classes! Happy hunting! For more information, contact the Community Services Department at 562-431-2527, extension 1344.



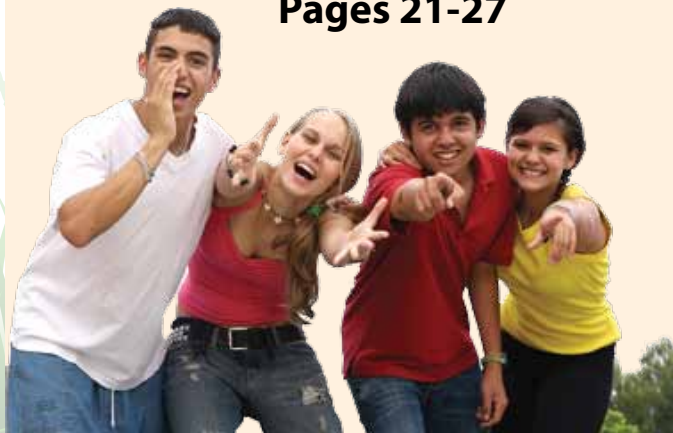
What's on your Recreation Wish List?

Is something missing at one of our Community Centers or Parks? Have you ever wanted a specific accessory or equipment to complement your Recreational experience? Well, now is your chance to let the City and Recreation & Parks Commission know! Thanks to the Founders Day Committee and the Seal Beach Community we may be able to make your wish come true at one of our facilities or Parks! Simply e-mail Dana at DKukuruda@ci.seal-beach.ca.us and include the following information:

- Your name, address, and telephone number
- Your wish(s)

Check it out! Summer Camp Preview

Pages 21-27



February 14

Registration Begins for Spring 2011 Classes

The City of Seal Beach Community Services Department offers a variety of recreation, fitness, dance and special interest classes for children, teens and adults. Register early to avoid class cancellations. See Page 30 for registration information. For additional program information, please call 562-431-2527, extension 1344.



March 19

4th Annual Seal Beach Health & Wellness Expo 2011

9 A.M. - 2 P.M.

Shops at Rossmoor

12501 Seal Beach Boulevard

Sponsored by the Seal Beach Chamber of Commerce and the City of Seal Beach, the fourth annual Expo features health screenings, product samples and free giveaways. For more information, call 562-431-2527, ext. 1306 or visit www.sealbeachchamber.org.



April 30

Seal Beach Classic Car Show

10 A.M. - 3 P.M.

Main Street

Register online at

www.sealbeachchamber.org

Free Spectator Admission



April 2

Run Seal Beach

On your mark, get set, go! Get ready for the 37th Annual Seal Beach 10k Run. More than 5,000 runners and walkers crossed the finish line last year and it was the most successful to date! Visit www.sealbeachrun.com and register for the race; volunteer to help; stand on the sidelines and cheer, cheer, cheer! Join the whole community for this wonderful, healthy, fun event!

Through April 11

Free Senior Tax Assistance

Monday Mornings Only!

Seal Beach Senior Center

Free assistance for low-income seniors in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis at 8:30 a.m., 9:30 a.m., 10:30 a.m., & 11:30 a.m. You will meet your tax counselor at the Seal Beach Senior Center. Call for your free appointment and paperwork today! (562) 431-2527 x1344



Ongoing

Save Our Beach

10 A.M. - 1 P.M.

1st Street Beach

Monthly Beach clean-up (3rd Saturday of each month) For more information, call Kim Masoner at (562) 884-6764.



Baby Sign Language

Shannon Zeeman
Los Alamitos Community Center
10911 Oak Street

Want to know what your baby is thinking? In this class, parent & baby will learn to communicate before baby can speak. Learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, mom, dad and so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

211071-01	3 weeks	Mon	4/25-5/9	9:45-10:30am	Infant-2 yrs	\$36
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Music & Movement

Danuta Klimczak
Seal Beach Senior Center
707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education.

211061-01	5 weeks	Fri	3/18-4/15	10-10:45am	2yrs	\$55
211061-02	5 weeks	Fri	3/18-4/15	11-11:45am	3-4yrs	\$55
211061-03	6 weeks	Fri	5/6-6/10	10-10:45am	2yrs	\$65
211061-04	6 weeks	Fri	5/6-6/10	11-11:45am	3-4yrs	\$65

Hola Ninos 1

Priscilla Monserrate-Sander
Los Alamitos Community Center
10911 Oak Street

Vamos a jugar! Let's play! Toddlers with all levels of exposure will be immersed in the Spanish language via a unique style of storytelling, puppetry, dance, music, and movement. The seasons provide the context for relevant and practical learning experiences. Everyone takes home lyrics and resources to continue the fun at home. Parent participation is required. Additional parking available in Idearc parking lot (Katella & Civic Center Dr.). \$10 supply fee payable to instructor. No Class 5/30

211072-01	6 weeks	Mon	3/14-4/18	10-10:50am	2-4yrs	\$68
211072-02	6 weeks	Mon	5/2-6/13	10-10:50am	2-4yrs	\$68

Toddler Express

Reina Rivera
Los Alamitos Community Center, 10911 Oak Street

All aboard the fast track to learning in this center based mini-preschool! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. \$5 cash supply fee payable to instructor.

211073-01	6 weeks	Wed	4/13-5/18	9:30-10:15am	1-3yrs	\$68
211073-02	6 weeks	Wed	5/25-6/29	9:30-10:15am	1-3yrs	\$68
211073-03	6 weeks	Fri	4/29-6/3	9:30-10:15am	1-3yrs	\$68

Lil Explorers – I Spy Spring

Reina Rivera
Los Alamitos Community Center, 10911 Oak Street

Let all the Curious Georges and Georgettes come on over to explore and discover unique sensory activities! Come develop your child's intelligence through hands-on interaction with nature and fun environmental concepts. Classes are enhanced with music and movement, puppetry, learning games, crafts and unique story readings. Parent participation is required. \$10 cash supply fee payable to instructor.

211074-01	6 weeks	Fri	4/29-6/3	10:30-11:15am	1-3yrs	\$68
211074-02	6 weeks	Wed	5/25-6/29	10:30-11:15am	1-3yrs	\$68

Children's Library Programs

at Mary Wilson Library

It's Dr. Seuss' Birthday!

Wednesday, March 2nd from 3-4 pm

Seal Beach Senior Center

Join Seal Beach Junior Girl Scout Troop #904 as we celebrate!

We'll read stories, play games, do crafts and have fun!

Teen Volunteer in Community Day

August 1

Pre-school Storytime

Mondays & Tuesdays

11:15am-12pm

(January 24-March 29)

Kids' Crafts

First Saturday of every Month

All day program

Storytime Stay & Play

Mondays – 3-5pm

(June 27, July 11, 18 & 25)

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm

Sat: 10am-5pm • Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584

Baby Ballet

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Come dance and play as "Mommy and Me" in Miss Anne's Baby Ballet. We'll dance with flowers, sing songs, and play instruments in this fun first class for future dancers.

242032-01	7 weeks	Thu	5/5-6/16	9-9:30am	2-4yrs	\$62
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Petit Ballerina

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautes, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!"

211030-01	7 weeks	Thu	5/5-6/16	5:15-5:45pm	2 1/2-4yrs	\$62
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Pretty Princess Pre-Ballet

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment!

242033-01	7 weeks	Thu	5/5-6/16	3-3:45pm	4-7yrs	\$64
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Ballet/ Tap/Jazz

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

This class introduces students to basic ballet and jazz warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. Then with the new moves, learn a funky upbeat dance routine! At session's end, we'll put on a show. Ballet or jazz and tap shoes required.

242035-01	7 weeks	Thu	5/5-6/16	3:45-4:30pm	6-12yrs	\$64
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Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping, locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required.

242034-01	7 weeks	Thu	5/5-6/16	4:30-5:15pm	5-12yrs	\$64
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Mini- Gym

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

An introduction to gymnastic fundamentals, developing motor skills to serve as a prelude for future tumblers! A creative first class to develop strength and coordination in little gymnasts. Parent participation required. \$10 material fee due to instructor first class.

211031-01	7 weeks	Tue	5/3-6/14	9-9:30am	2 1/2-4yrs	\$62
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211031-02	7 weeks	Tue	5/3-6/14	3-3:30pm	2 1/2-4yrs	\$62
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Pre-School Gymnastics

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnasts will also improve strength, balance and skills in this fun and fast paced class! \$10 material fee due to instructor first class.

211032-01	7 weeks	Tue	5/3-6/14	3:30-4pm	4-6yrs	\$62
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Gymnastics Level 1

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! \$10 material fee due to instructor first class.

211033-01	7 weeks	Tue	5/3-6/14	4-4:45pm	6-10yrs	\$64
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Leaps, Flips, Turns, & Tricks!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A combination dance & gymnastics class designed for dancers/ gymnasts looking to improve their skills & abilities. The gymnastic portion of class will be geared towards tumbling skills (such as backbends & handstands). Dance will be focused on leaps, jumps, and turns (such as chaine, pique, pirouettes). Jazz shoes recommended. \$10 material fee payable to instructor at first class meeting.

211034-01	7 weeks	Tue	5/3-6/14	4:45-5:30pm	7-12yrs	\$64
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Pre-Ballet & Tap

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Come learn Dance FUNdamentals in a creative first class for dancers! A great introduction to basic ballet and tap steps as well as improving social and motor skills. At session's end, we'll put on a show! Ballet and tap shoes required.

212024-01	7 weeks	Wed	5/4-6/15	2-2:30pm	3-4yrs	\$62
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Tiny Tappers

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap.

212026-01	7 weeks	Wed	5/4-6/15	2:30-3pm	3-5yrs	\$62
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Ballet/ Tap Combo

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required.

222021-01	7 weeks	Wed	5/4-6/15	3-3:45pm	5-8yrs	\$64
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Musical Theatre Stars

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring, dancing, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

222024-01 7 weeks Wed 5/4-6/15 3:45-4:30pm 5-12yrs \$64

Breakin'

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Throwing down some gymnastic mats, this class will teach break-dancing skills such as toprock, freeze, powermoves & tricks.

222029-01 7 weeks Wed 5/4-6/15 4:30-5:15pm 6+yrs \$64

Street Dance/Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

As danced in music videos, this class will cover locking, popping and house style dance.

222030-01 7 weeks Wed 5/4-6/15 5:15-6pm 7+yrs \$64

Miss Anne's Pizza Party

Anne Pennypacker

North Seal Beach Center- Large Room, 3333 Saint Cloud Dr.

Let's rock-n-roll and party! Join Miss Anne in an evening of games, dancing, storytelling and pizza! Fun for all dancers and friends are welcome too! Pre-registration required. \$5 material fee payable to instructor- cash only.

242039-01 1 day Sat 6/11 5-7pm 4+yrs
\$10 per child/ \$5 each additional sibling

Westminster ICE

Fee: \$35/ 4weeks

13071 Springdale, Westminster

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. See flyer at Community Centers or online at www.ci.seal-beach.ca.us for individual class descriptions, dates, and times. Pre- Registration required through the Community Services Department for all classes. No class 4/23, 4/26, 4/27, & 6/2

Kiddie Karate

Gary Pitts

Los Alamitos Community Center, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class.

211050-01 4 weeks Tue 4/5-4/26 5:30-6pm 3-5yrs \$30

Karate Beginning/ Advanced

Gary Pitts

Los Alamitos Community Center, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Wear loose clothing.

222051-01 4 weeks Tue 4/5-4/26 6:05-6:50pm 6+yrs \$35

Spring Break Sport Camp

Scott Durzo & Staff

McGaugh Gym & Fields (Near West Gate)

A combination class covering: Basketball, Soccer, Baseball, and Flag Football. A sport combination class in which your child will be instructed in 2 or more sports per day which include drills and games. Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! Staff is well trained and has a positive approach to teaching your child! Other fun activities are planned and all kids will enjoy themselves and feel good about playing sports and activities! There is a 15 minute grace period for pick-up after class and participants are grouped by age and ability to ensure a positive experience. Questions? E-mail Coach Scott scottdurzo@mac.com. \$5/ per extended care.

227011-01 1 week Mon-Fri 4/25-4/29 10am-3pm 5-11yrs
\$125/ \$35 per day (not including extended care)

Sport of the Day at McGaugh

Scott Durzo & Staff

McGaugh Gym & Fields (Near West Gate), 1698 Bolsa Ave.

A combination class covering: Basketball, Soccer, Baseball, and Flag Football. A sport combination class in which your child will be instructed in 2 or more sports per day which include drills and games. Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! Staff is well trained and has a positive approach to teaching your child! Other fun activities are planned and all kids will enjoy themselves and feel good about playing sports and activities! All Grades 2:15-3:15pm. All Grades on Wednesdays from 1-3:15pm. There is a 15 minute grace period for pick-up after class and participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly with your day's selections, for no class dates, and minimum day schedule at scottdurzo@mac.com. *Two days are required for all Wednesday visits.

227010-01 Mon-Fri 3/14-6/17 2:15-3:15pm 5-11yrs \$200/20 Day Kid Card
1-3:15pm (Wed)*

Check it out!

Summer Camps

Pages 21-27

Skatedogs

Adam Cohen

Skateboarding is one of the world's fastest growing sports! Whether you are just learning or ready to learn more advanced tricks, this class is right for you. Make new friends, advance your skateboarding skills, and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

Skateboarding Class

Heartwell Park- 5801 E Parkcrest Street, Long Beach

All skaters will receive a Skatedogs T-shirt.

223150-01	5 weeks	Sat	4/9-5/7	8:30-10am	6-13yrs	\$112
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Skateboarding – Spring Break Camp

Little Cottonwood Park (Little Cottonwood Pk, 4000 Farquhar)

Skaters who sign up for all 5 days will receive a Skatedogs T-shirt.

223151-01	1 week	Mon-Fri	4/25-4/29	8:30-11:30am	6-13yrs	\$170/34 per day
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Coed Beginning Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave.

Learn to play volleyball this season. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 4/24 & 5/8

233060-01	10 weeks	Sun	3/6-5/22	12-2pm	9-14yrs	\$140
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Youth Etiquette

Cricket Wantland

Los Alamitos Community Center, 10911 Oak Street

Youth etiquette is fun! This informative program provides an overview of good manners and leadership skills. Class will help students to learn confidence in party and dining situations. \$20 restaurant fee and \$8 booklet fee payable to instructor at first class meeting.

226086-01	4 weeks	Wed	5/4-5/25	3:30-4:20pm	7-12yrs	\$40
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Video Game Design

Kiddie Techie Enrichment Staff

Marina Community Center- Small Room, 151 Marina Dr.

Design, build and take-home your own Windows-based video games. Learn to create your own game storyline, draw or import characters and backgrounds, and apply sound effects. Learn fundamentals of programming and video game design. Emphasizing a creative and inventive process with a no-violence policy, it effectively moves children from passive players of video games, to becoming active participants in the design and creation. \$10 CD fee payable to instructor at first class meeting. No Class 4/29, 5/6, 5/27

223190-01	10 weeks	Fri	3/25-6/17	3:30-5pm	9-13yrs	\$165
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Basic Computers/ Typing

Kiddie Techie Enrichment Staff

Marina Community Center- Small Room, 151 Marina Dr.

Keyboarding or Typing skills have become essential in today's computer age. This course will teach the right fingering before students get into the hunt-and- peck habit. Do it the right way at the beginning! Exercises are gauged to take the beginning typist from hunt-and-peck to gradually building typing skills with speed, accuracy, and control. No Class 4/25 & 5/30

223190-02	10 weeks	Mon	3/21-6/6	4-5pm	6-9yrs	\$135
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Web Design

Kiddie Techie Enrichment Staff

Marina Community Center- Small Room, 151 Marina Dr.

Students learn how to make their own web page and publish in on the World Wide Web. Topics covered: Web Design with WYS/WYG (what you see is what you get). Showcase your video, photo gallery, favorite games on the website. HTML concepts; Primary tags; Hyperlinks; text formatting; Colors, Backgrounds and Fonts; Pictures, Graphics and Animations; Tables; Web publishing and more! \$10 CD fee payable to instructor at first class meeting. No Class 4/26

223190-03	11 weeks	Tue	3/22-5/31	4-5:30pm	9-13yrs	\$150
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Art Studio Drawing- Painting

Brenda Benveniste

Marina Community Center- Small Room, 151 Marina Dr.

This extraordinary art workshop investigates the fundamental approach to art, develops drawing and sketching skills, and the application of color using mixed media. Students will learn to enhance and express their creativity, imagination, and artistic confidence in a non- competitive atmosphere. Students are expected to receive a high level of creative training during class as well as critical thinking and problem solving skills. The focus is on enjoying the process of art, the student's individual style and the expression of the world in the visual arts. \$25 material fee, using only professional art materials.

226022-01	4 weeks	Thu	3/24-4/14	3:30-5:15pm	6-12yrs	\$98
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226022-02	4 weeks	Thu	4/28-5/19	3:30-5:15pm	6-12yrs	\$98
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Open Art Studio

Brenda Benveniste

Marina Community Center- Small Room, 151 Marina Dr.

This class is for young adults at all levels who would like to develop a solid foundation in basic drawing and painting skills as well as enhance their creative thinking. Working from still life setups and photographs, students will become skilled at sighting and interpreting their subjects into pieces of art, which are significant to them. Working in pencil, charcoal and mixed medias students will focus on developing their own compositions. Emphasis is on art concepts such as light and shadow, perspective, color and design as well as finding an individual path for personal artistic expression and styles. Encouraging demonstrations and recommendations on progression are given throughout the class allowing for rewarding resolutions. \$25 material fee payable to instructor at first class.

226023-01	4 weeks	Thu	3/24-4/14	5:15-6:30pm	9+yrs	\$98
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226023-02	4 weeks	Thu	4/28-5/19	5:15-6:30pm	9+yrs	\$98
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Adult Painting

Brenda Benveniste

Marina Community Center- Small Room, 151 Marina Dr.

Create works of art on your own! Enhance your way of seeing and increase your own artistic style while acquiring the techniques of painting. Students will understand spatial relationships, proportions, color value, and light and shadow. Artists will work from photos or still life depending on their need and interest. Individualized instruction is emphasized as you work at your own pace. All materials are provided for you. \$30 material fee payable to instructor at first class.

246086-01	4 weeks	Thu	3/24-4/14	6:30-8:30pm	18+yrs	\$98
246086-02	4 weeks	Thu	4/28-5/19	6:30-8:30pm	18+yrs	\$98

Damelo's Next Top Model Workshop

Dayana Roman De Brea

Marina Community Center- Large Room, 151 Marina Dr.

This class is designed for girls of various shapes and sizes and will transform them into supermodels in a Catwalk Fashion Show. Class includes a brief introduction to catwalk modeling, basic modeling moves, hand positions, hair style, make-up techniques, wardrobe, photo shoots, styling and more! An unforgettable small Fashion Show will be held at the end of the class for family and friends. Please advise instructor of any allergies or skin sensitivity. Each participant will get a certificate of completion. A \$10 cash supply fee payable to instructor at class.

236073-01	1 day	Sat	4/16	2-6pm	10-18yrs	\$40
236073-02	1 day	Sat	5/21	2-6pm	10-18yrs	\$40
236073-03	1 day	Sat	6/18	2-6pm	10-18yrs	\$40

On Camera Acting

Marc Gordon

North Seal Beach Center, 3333 Saint Cloud Dr.

Come take acting classes from a professional actor and comedian. This hands on class will build participants confidence on camera. During the course of this class students will work on auditioning for commercials, films, and television shows. Participants will also learn Improv and character development. All participants will receive a copy of their work at the completion of the class. \$20 material fee payable to instructor at the first class meeting.

236070-01	3 weeks	Sun	3/20-4/3	10:30am-12pm	7 1/2- 11 yrs	\$85
236070-02	3 weeks	Sun	3/20-4/3	12:10-1:40pm	11-15 yrs	\$85
236070-03	3 weeks	Sun	5/1-5/15	10:30am-12pm	7 1/2- 11 yrs	\$85
236070-04	3 weeks	Sun	5/1-5/15	12:10-1:40pm	11-15 yrs	\$85

Beginning Guitar

Jim Fagen

Los Alamitos Community Center, 10911 Oak Street.

This class is designed for the beginner and it will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar. Adults are cordially invited too! \$4 material fee payable to instructor at first class meeting.

266070-01	6 weeks	Thu	4/7-5/12	5:30-6:30pm	9+yrs	\$74
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Professional Make-Up Workshop

Dayana Roman De Brea

Marina Community Center- Large Room, 151 Marina Dr.

Students will be introduced to professional use of makeup for day-time, nighttime, & special purposes. We will cover faces, eyes, and lip shapes. We will also go over, foundation, cover-up make-up, contour make-up, powder, brushed, under eye, eye shadow, eyeliner, and lip make-up. \$10 cash supply fee payable to instructor at class.

236071-01	1 day	Sat	4/16	10am-1pm	16+yrs	\$30
236071-02	1 day	Sat	5/21	10am-1pm	16+yrs	\$30
236071-03	1 day	Sat	6/18	10am-1pm	16+yrs	\$30

Intro to Digital Photography

Roy Boorman

LB Rec & Marine Admin Building, 2760 Studebaker Rd.

Enter the exciting world of digital photography. If you are considering the purchase of a digital camera or just purchased one, this course is for you. We will discuss cameras, printers, image editing, scanning and archiving. Learn basic image editing, e-mailing and printing photos. Handouts explaining pertinent points will be given out. \$5 materials fee payable at first class.

246050-01	2 weeks	Wed	4/13-4/20	7-9:30pm	18+yrs	\$50
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Intermediate Digital Photography

Roy Boorman

LB Rec & Marine Admin Building, 2760 Studebaker Rd.

Take digital photography to a new level. Learn how to create good photos using the power of Adobe Photoshop Elements. We will demystify the many features and terms used by your camera, manipulate people in group pictures, create panoramas, scan and restore photos and more. Handouts explaining pertinent points will be given out. \$5 supply fee paid to instructor at class.

246051-01	2 weeks	Wed	4/27-5/4	7-9:30pm	18+yrs	\$50
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Better Pictures from your Digital Camera

Roy Boorman

LB Rec & Marine Admin Building, 2760 Studebaker Rd.

Better Pictures from your Digital Camera! We will explore 27 ways to get better photos from your digital camera. Ways will include composition, your camera's controls, lighting, color, when to shoot, workflow and some of the pitfalls to better photography. A \$5 dollar material fee is payable to the instructor at the first class.

246052-01	2 weeks	Wed	5/11-5/18	7-9:30pm	18+yrs	\$50
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How to Sell on eBay

Frances Greenspan

Los Alamitos Community Center, 10911 Oak Street.

Everyone has lots of stuff in closets, drawers, garages, and paid- for storage areas! Instead of holding onto things you don't use or need, why not make some money and maybe even help others clear out their stuff at the same time? Selling on eBay is easy once you know the tricks of the trade. Students will learn how to organize, categorize, price items, write posts, and how to set-up an account. You will leave class with a complete understanding of the process and best practices for selling on eBay.

246040-01	2 weeks	Tues	5/3 & 5/10	6:30-8:30pm	18+yrs	\$65
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Registration begins February 14

Register early to avoid class cancellations – Page 3

Improving PC Performance

Bob Cohen

Los Alamitos Community Center, 10911 Oak Street.

Speed up your personal computer and keep it free of spyware, virus software and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned." \$20 supply fee payable to instructor.

246034-01	1 day	Wed	4/13	6:30-9:30pm	18+yrs	\$38
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California State Notary Public

Betty Bosley

Seal Beach Senior Center, 707 Electric Ave.

Become a California State Notary Public. California needs additional professional Notaries! This class will provide the new or previously commissioned Notaries with the education and skills to pass the state proctored examination, detect fraud, and become successful in a new career. Commissioned Notaries may take this course six months prior to their Commission expiration date. There is a growing need for notaries in the expanding financial, real estate, business and law professions. Become a valuable employee or own your own business. This class exceeds the State qualifications for new applicants and notaries that are renewing their commissions. The student will receive a State approved Certificate of Completion for the class. The State proctored notary examination will be administered at 5pm and is an additional \$40, check or money order can be made payable to the Secretary of State. \$45 lab fee payable to instructor at class. Please note, this class is for California residents ONLY!

246036-01	1 day	Sat	4/30	8am-4pm	18+yrs	\$72
246036-02	1 day	Sat	6/18	8am-4pm	18+yrs	\$72

California State Notary Public Exam Only:

Bring check or money order for \$40 or \$20/ re-test made payable to the Secretary of State along with all Notary Class Paperwork. Call (714) 841-9923 for info.

246036-03	1 day	Sat	4/30	5-6pm	18+yrs	\$20
246036-04	1 day	Sat	6/18	5-6pm	18+yrs	\$20

Dog Obedience

Marie Charpentier

**Los Alamitos Community Center, 10911 Oak St.
Laurel Park, 10862 Bloomfield**

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & an intro to off leash control & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$5 insurance/ awards fee to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.

266040-01	8 weeks	Thu	4/7-5/26	6:30-7:30pm	9+yrs	\$79
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Basic Bike Maintenance Part A

Dave Dunton

Marina Community Center- Large Room, 151 Marina Dr.

Do you have the bike you wish you rode more? Do you ever wonder how to change a tire? How to take care of your bike so it lasts? In the first part of a two part course, learn the basics of bike care and the essentials needed to deal with: flat tires, chain that keeps falling off, basic bike safety and simple care & maintenance steps. Just an hour long, with plenty of time for questions & answers, you will be ready to ride! Sign up for both Basic Bike Maintenance Classes (A & B) for \$60!

266075-01	1 day	Mon	5/2	6:30-7:30pm	12+yrs	\$35
266075-02	1 day	Mon	6/6	6:30-7:30pm	12+yrs	\$35

Basic Bike Maintenance Part B

Dave Dunton

Marina Community Center- Large Room, 151 Marina Dr.

Brakes squeaking? Shifting problems? Troublesome noises on your bike? In the more advanced segment you will learn the basic adjustments of you bike for performance. You will learn about the limiting screws (yes, they are useful!), barrel adjusters and the angles of various components. We will also share with you the secrets of easy adjustments for performance. Designed for more advanced riders or those who wish to deepen their knowledge. Sign up for both Basic Bike Maintenance Classes (A & B) for \$60!

266076-01	1 day	Mon	5/9	6:30-7:30pm	12+yrs	\$35
266076-02	1 day	Mon	6/13	6:30-7:30pm	12+yrs	\$35

Intermediate Ballroom

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 5/30

244021-01	6 weeks	Mon	5/2-6/13	8:30-9:30pm	18+yrs	\$65
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Argentine Tango

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within!

Level 2

242038-01	6 weeks	Tue	5/3-6/7	7:15-8:15pm	18+yrs	\$65
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Level 1

242038-02	6 weeks	Tue	5/3-6/7	8:15-9:15pm	18+yrs	\$65
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Line Dancing

Anne Pennypacker

Marina Community Center - Large Room, 151 Marina Dr.

Let's kick up our heels and get moving! Join me in dancing both Latin and Country Line Dances, such as Mambo, Boot Scoot Boogie, Red Hot Salsa and more! A great way to get fit while having fun!

242027-01	6 weeks	Wed	5/4-6/8	6:30-7:15pm	18+yrs	\$65
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Adult Hip Hop

Anne Pennypacker

Marina Community Center - Large Room, 151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor.

242028-01	6 weeks	Wed	5/4-6/8	7:15-8:15pm	18+yrs	\$65
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Latin Basics

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Learn the Hot Latin dances of Cha Cha, Rumba, Samba, and Salsa! This class will teach beginner to intermediate steps and combinations to get dancers of all levels "burning the floor"! Partner not necessary.

242036-01	6 weeks	Wed	5/4-6/8	8:15-9:15pm	18+yrs	\$65
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Adult Tap

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class.

242026-01	6 weeks	Thu	5/5-6/9	7:15-8pm	18+yrs	\$65
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Adult Ballet/ Jazz

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended.

242040-01	6 weeks	Thu	5/5-6/9	8-9pm	18+yrs	\$65
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Ballroom & Latin Dancing

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud Dr.

Fee is per person/Saturday. Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! * Partners not needed! * Beginners group lesson 7-8pm. All levels social 8-10pm. Refreshments will be provided.

242024-01	1 day	Sat	6/11	7:30-10pm	18+yrs	\$22
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Senior Line Dancing

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Kick up your heels and learn basic line dance movement. Class will move at a beginner level pace, breaking down fundamental line steps and applying those steps into the various line dances.

256060-01	5 weeks	Thu	5/12-6/9	10-10:30am	60+yrs	\$40
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Senior Ballroom Social Dance

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun & friendly atmosphere! Refine the basics and add more steps to move you along. We'll dance foxtrot, waltz, rumba, cha cha, swing and more. Partner not necessary!

256061-01	5 weeks	Thu	5/12-6/9	10:30-11am	60+yrs	\$40
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PIYO (Pilates/ Yoga)

Patricia McKane

North Seal Beach Center, 3333 Saint Cloud Dr.

PiYo is a fusion of Pilates and Yoga. You will enjoy the benefits of training the core (abdominals, trunk and back) by employing the rigors of the Pilates method. Then a series of Hatha Yoga poses emphasizing breath for a total mind, body fitness experience. Wear loose, comfortable clothing and bring a sticky mat and/or beach towel. Walk-in fee \$10/class.

242078-01	8 classes	Mon	4/11-6/6	7-8:30pm	15+yrs	\$66
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Jazzercise Lite

Mary Jo Fouche

North Seal Beach Center, 3333 Saint Cloud Dr.

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Walk-in fee \$10 per class. No Class 5/3

242044-01	5 weeks	Mon & Wed	3/28-5/4	6-7pm	13+yrs	\$50
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242044-02	5 weeks	Mon & Wed	5/9-6/15	6-7pm	13+yrs	\$50
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Jazzercise

Mary Jo Fouche

Marina Community Center- Large Room, 151 Marina Dr.

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Walk-in fee \$10 per class. No Class 5/7 & 5/15

242042-01	6 weeks	Tue/Thu	3/29-5/7	6-7pm	13+yrs	\$70
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		Sat		8:30-9:30		
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242042-02	6 weeks	Tue & Thu	5/10-6/18	6-7pm	13+yrs	\$70
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		Sat		8:30-9:30		
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Beginning Pilates

Patricia Griswold
Seal Beach Senior Center
707 Electric Ave.

Geared for NEW STUDENTS. The Pilates method will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. With the Pilates Method of physical and mental conditioning, you can have all that, without doing boringly repetitive exercises or twisting yourself into awkward and unfamiliar postures. Continuing program, must attend first session to register for the second session. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met.

242072-01	5 weeks	Fri	3/25-4/22	2:30-3:30pm	18+ yrs	\$42
242072-02	5 weeks	Fri	5/6-6/3	2:30-3:30pm	18+ yrs	\$42

Intermediate Pilates

Patricia Griswold
Seal Beach Senior Center
707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience.

Marina Community Center- Large Room, 151 Marina Dr.

242069-01	5 weeks	Mon	3/28-4/25	11:30am-12:30pm	18+yr	\$42
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Senior Center, 707 Electric Ave.

242069-02	5 weeks	Mon	5/9-6/6	11:30am-12:30pm	18+yr	\$42
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Advanced Pilates

Patricia Griswold
Seal Beach Senior Center
707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. This conditioning class offers a blend of pilates, yoga, and ballet. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met.

242071-01	5 weeks	Fri	3/25-4/22	1:15-2:15pm	18+ yrs	\$42
242071-02	5 weeks	Fri	5/6-6/3	1:15-2:15pm	18+ yrs	\$42

Hatha Yoga

Suzy Hazard
Seal Beach Senior Center
707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

242070-01	10 weeks	Tue	3/22-5/24	5:30-6:45pm	18+ yrs	\$75
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Beginning T'ai Chi Chih

Suzanne Roady-Ross
Marina Community Center- Small Room
151 Marina Dr.

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 4/25 & 5/30

242073-01	5 weeks	Mon	4/4-5/9	5:30-6:30pm	12+ yrs	\$40
242073-02	5 weeks	Mon	5/16-6/20	5:30-6:30pm	12+ yrs	\$40

Intermediate T'ai Chi Chih

Suzanne Roady-Ross
Marina Community Center- Small Room
151 Marina Dr.

Class is designed for Int/Adv Students. Refine your practice and deepenthe benefits of this simple but powerful moving mediation. Reduce stress and experience peace within and thereby promoting wellness. No Class 4/25 & 5/30

242077-01	5 weeks	Mon	4/4-5/9	6:45-7:45pm	12+ yrs	\$40
242077-02	5 weeks	Mon	5/16-6/20	6:45-7:45pm	12+ yrs	\$40

Jacki Sorensen's Fitness/Dance Class

Martha Stegen
North Seal Beach Center
3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. *Pay as you go \$6.

242030-01	11 weeks	Tue & Thu	4/5-6/16	4:30-5:30pm	16+ yrs	\$112
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Check it out!
Summer Camps

Pages 21-27



Beach Boot Camp

Bryce Turner
Seal Beach, 10th St @ Ocean Ave.

Beach Boot Camp! Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay as you go \$15 per class. No Class 4/23

242062-01	6 weeks	Sat	3/19-4/30	8-9am	14+yrs	\$79
242062-02	6 weeks	Sat	3/19-4/30	9-10am	14+yrs	\$79
242062-03	6 weeks	Sat	5/7-6/11	8-9am	14+yrs	\$79
242062-04	6 weeks	Sat	5/7-6/11	9-10am	14+yrs	\$79

Hardcore Beach Boot Camp

Bryce Turner
Seal Beach, 10th St @ Ocean Ave.

Beach Boot Camp! Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay as you go \$15 per class.

242063-01	6 weeks	Mon-Fri	3/14-4/22	6-7am	14+yrs	\$299
242063-03	6 weeks	Mon-Fri	5/2-6/10	6-7am	14+yrs	\$299

Open Gym Volleyball

Maria Fattal
McGaugh Campus, 1698 Bolsa Ave

Co-ed Volleyball Open Gym is offered on Wednesday evenings from 7-9pm at McGaugh gym. This program is for individuals looking to play extra volleyball games on a recreational level. \$4 collected at the door per person. The gym and play is supervised by experienced volleyball professionals. Multiple courts are available based on skill level. Pre-registration is not required. For additional information please call (562) 431-2527 x: 1341.



243060-01	Wed	3/16-6/8	7-9pm	18+yrs	\$4
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Basketball League

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or E-mail at Mlee@ci.seal-beach.ca.us.



Softball League

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or E-mail Mlee@ci.seal-beach.ca.us.



Small town California feel, big time destination.

Seal Beach Chamber of Commerce

www.sealbeachchamber.org
562-799-0179
info@sealbeachchamber.org
201 8th Street, Suite 120
Seal Beach California 90740

Saturday • March 19, 2011 • 9 am to 2 pm
4th Annual

Seal Beach Health and Fitness EXPO 2011

diabetes prevention

prostate and breast cancer treatment

autism research

2011

Shops at Rossmore
12501 Seal Beach Boulevard
Seal Beach

sponsored by:

FREE Giveaways!
Product Samples
Health Screenings

Community Pool

McGaugh School • 1698 Bolsa Ave, Seal Beach Blvd. • Pool Office (562) 430-9612
Community Services Office (562) 431-2527

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Spring Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40
Monday-Friday	7pm – 8:30pm	Adult /16+ yrs	34 swim pass: \$80
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$200 (No guests)
Monday-Friday	7pm – 7:30pm	Youth	Daily fee: \$2
Saturday & Sunday	8am – 9am	Youth	16 swim pass: \$32

Swim Lesson Registration

Registration will take place in the Recreation Office in City Hall. Resident registration at 9am. Non-residents registration at 11am. Swim classes are taught at McGaugh Campus, 1698 Bolsa Ave.

Registration Session Class Dates

Registration Date	Session	Class Dates
Friday, June 10	1	June 20 – June 30
Friday, June 10	2	July 5 - July 15
Friday, July 8	3	July 18 - July 28
Friday, July 8	4	August 1 - August 11
Friday, August 5	5	August 15 - August 25

Late registration for each session will be accepted in City Hall Monday- Friday, 9am- 5pm (closed 12-1pm for lunch), after original enrollment dates.

Swim Lessons

Summer swim classes are 9 day sessions (Mon- Fri & Mon- Thurs) for 30 or 45 minute classes. Resident fee is \$40 for one child and \$30 for each additional child. Non- resident fee is \$60 for one child and \$50 for each additional child. Class times and schedules will be included in the upcoming Summer Brochure.

Job Opportunities

The City of Seal Beach is currently looking for individuals interested in applying for employment with the City of Seal Beach aquatics department. Information is available at www.ci.seal-beach.ca.us.

Group Swim Lessons

Over 1500 youth recreation swim lessons are taught during the summer only. Private swim lessons are available for youth and adults. Please call the Community Services Office for more details.

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave.

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. This class fills up fast so sign up early! No Class 5/30

244010-01	5 weeks	Mon & Wed	3/14-4/13	5:30-6:30pm	18+ yrs	\$55
244010-02	5 weeks	Mon & Wed	5/2-6/1	5:30-6:30pm	18+ yrs	\$55

M&M Surf Camps

Michael Pless

Fee: 1 week/ \$250; 1 Day/ \$65
8th St. Beach, 8th St @ Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for 26 years and has 48 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate your week preference on the registration form. Register through the Community Services Office and an instructor will contact you directly after paperwork is complete.

267061-01 1 week Mon-Sun *3/14-6/12 (weekly ongoing classes)
8am-12pm All Ages

M&M Surf- Private Lessons

\$80/hr Call Michael Pless at (714) 846-7873 for schedule your private surf lesson.

2011 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering for the summer. The swim test will consist of a 100 yard swim that must be completed within:

- 1:55 – 'C' group (9-11)
- 1:40 – 'B' group (12-13)
- 1:35 – 'A' group (14- 17)

ALL swim tests will be held at McGaugh Elementary School- 1698 Bolsa Avenue (corner of Bolsa Avenue and Seal Beach Boulevard). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered. Test dates and times:

Returning Junior Guards

Date	Time
Saturday, April 30	7am-10am
Saturday, May 14	7am-10am
Saturday, May 21	7am-10am

If you can not make one of the Returning JG swim test dates you must test during one of the New Junior Guard dates.

New Junior Guards*:

Date	Time
Tuesday, May 31	5pm-7pm
Thursday, June 2	5pm-7pm
Saturday, June 4	7am-10am

*Passing the swim test does not guarantee a spot in the program (except for returning Junior Guards). All NEW participants must register Saturday, June 19th at Lifeguard Headquarters.

For additional program information, please visit the City of Seal Beach web site at www.ci.seal-beach.ca.us/lifeguard/jrlifeguard.html or call (562) 431-2527 ext. 1206.

Jr. Guard Prep Class

Beach Lifeguard

McGaugh Campus, 1698 Bolsa Ave.

This class is designed to get your child ready for the Junior Lifeguard Swim Test. Instructors will work with your child to develop proper stroke technique and endurance, however some previous swimming experience is recommended. Participants will be tested at the last class and it will count towards the Junior Guard Swim Test! Space is limited - only 60 spots available - so sign up early!

***Completion of the class does not guarantee a spot in 2011 Junior Lifeguard Program, those interested will have to register at Junior Lifeguard Registration on Saturday June 18th at Lifeguard Headquarters.*

224030-01 6 weeks Mon/Wed/Fri 3/28-5/6 6-7pm \$80

Jr. Guard Conditioning Class

Beach Lifeguards

McGaugh Campus, 1698 Bolsa Ave.

This class is designed for the returning Junior Lifeguard who wants some extra help to prepare for the Swim Test and the summer. Enrollment in 2010 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited - only 65 spots available - so sign up early!

224031-01 6 weeks Tue & Thu 3/29-5/5 6-7pm \$65

Jr. Guard "Last Chance" Class

Beach Lifeguards

McGaugh Campus, 1698 Bolsa Ave.

Intensive two week class designed to give your child an extra opportunity for stroke work and endurance training before the Junior Guard Swim Test. This class is open to both new and returning Junior Lifeguards. Participants will be tested at the last class and it counts towards the Junior Guard Swim Test! Space is limited - only 65 spots available - so sign up early!

***Completion of this class does not guarantee a spot in the 2011 Junior Lifeguard Program, unless participant is a returning Junior Lifeguard. New participants must register at Junior Lifeguard Registration on Saturday June 18th at Lifeguard Headquarters.*

224032-01 2 weeks Mon-Fri 5/9-5/20 6-7pm \$65



Marina Park • 151 Marina Drive • (562) 431-2527 x:1344

Classes taught by Seal Beach Community Services Tennis Pro Instructor Manny Stamaria.
Must bring your own tennis racquet to class. Minimum 3 sign-ups or class will be cancelled.

CLASS #	CLASS TITLE	DAY	DATE	TIME	AGE	PRICE	WEEKS
233020-03	Pee-Wee	Tuesday	3/15-4/19	3:00-3:30pm	5-7 yrs	\$47	6
233020-04	Pee-Wee		5/3-6/7	3:00-3:30pm	5-7 yrs	\$47	6
233021-03	Juniors		3/15-4/19	3:30-4:30pm	8-10 yrs	\$92	6
233021-04	Juniors		5/3-6/7	3:30-4:30pm	8-10 yrs	\$92	6

Seal Beach Tennis Center • 3900 Lampson Ave • (562) 598-8624

CLASS #	CLASS TITLE	DAY	DATE	TIME	AGE/LEVEL	PRICE	WEEKS
233020-01	Pee-Wee	Monday	3/14-4/18	3:00-3:30pm	5-7 yrs	\$47	6
233020-02	Pee-Wee		5/2-6/6	3:00-3:30pm	5-7 yrs	\$47	6
233021-01	Juniors		3/14-4/18	3:30-4:00pm	8-10 yrs	\$47	6
233021-02	Juniors		5/2-6/6	3:30-4:00pm	8-10 yrs	\$47	6
233022-01	Adult- Beg		3/14-4/18	6:00-7:00pm	18+ yrs	\$92	6
233022-02	Adult- Beg		5/2-6/6	6:00-7:00pm	18+ yrs	\$92	6
233022-03	Adult- Beg	Tuesday	3/15-4/19	6:00-7:00pm	18+ yrs	\$92	6
233022-04	Adult- Beg		5/3-6/7	6:00-7:00pm	18+ yrs	\$92	6
233022-05	Adult- Int		3/15-4/19	7:00-8:00pm	18+ yrs	\$92	6
233022-06	Adult- Int		5/3-6/7	7:00-8:00pm	18+ yrs	\$92	6
233020-05	Pee-Wee	Wednesday	3/16-4/20	3:00-3:30pm	5-7 yrs	\$47	6
233020-06	Pee-Wee		5/4-6/8	3:00-3:30pm	5-7 yrs	\$47	6
233021-05	Juniors		3/16-4/20	3:30-4:00pm	8-10 yrs	\$47	6
233021-06	Juniors		5/4-6/8	3:30-4:00pm	8-10 yrs	\$47	6
233022-07	Adult- Beg		3/16-4/20	6:00-7:00pm	18+ yrs	\$92	6
233022-08	Adult- Beg		5/4-6/8	6:00-7:00pm	18+ yrs	\$92	6
233020-07	Pee-Wee	Thursday	3/17-4/21	3:00-3:30pm	5-7 yrs	\$47	6
233020-08	Pee-Wee		5/5-6/9	3:00-3:30pm	5-7 yrs	\$47	6
233020-09	Pee-Wee		3/17-4/21	3:30-4:00pm	5-7 yrs	\$47	6
233020-10	Pee-Wee		5/5-6/9	3:30-4:00pm	5-7 yrs	\$47	6
233021-07	Juniors		3/17-4/21	4:00-5:00pm	8-10 yrs	\$92	6
233021-08	Juniors		5/5-6/9	4:00-5:00pm	8-10 yrs	\$92	6
233021-09	Juniors		3/17-4/21	5:00-6:00pm	11-14 yrs	\$92	6
233021-10	Juniors		5/5-6/9	5:00-6:00pm	11-14 yrs	\$92	6
233022-09	Adult- Beg		3/17-4/21	6:00-7:00pm	18+ yrs	\$92	6
233022-10	Adult- Beg		5/5-6/9	6:00-7:00pm	18+ yrs	\$92	6
233022-11	Adult- Int		3/17-4/21	7:00-8:00pm	18+ yrs	\$92	6
233022-12	Adult- Int		5/5-6/9	7:00-8:00pm	18+ yrs	\$92	6
233022-13	Adult- Beg/ Int	Saturday	3/19-4/23	2:00-3:00pm	18+ yrs	\$92	6
233022-14	Adult- Beg/ Int		5/7-6/11	2:00-3:00pm	18+ yrs	\$92	6
233022-15	Adult- Beg/ Int		3/19-4/23	4:00-5:00pm	18+ yrs	\$92	6
233022-16	Adult- Beg/ Int		5/7-6/11	4:00-5:00pm	18+ yrs	\$92	6

The City of Seal Beach Public Tennis Center

General Public Hours of Operation:

Monday- Friday 12:00pm-9:30pm
Saturday & Sunday 12:00pm- 5:30pm

Reservations:

General Public may reserve courts 4 days ahead of time (Monday call for Thursday)

Court Fees:

12:00pm- 5:00pm – \$10.00 per hour per court.
5:00pm- 9:30pm – \$12.00 per hour per court.
Seal Beach Residents save \$2.00 per hour per court.
Junior rates – \$5.00 per hour per court (17 & under).
The adult rate applies if junior and adult play together.

Ball Machine:

\$16.00 per hour. Member receives ½ off.

Full Service pro shop

24- Hour Racquet Stringing.

Club house available for rental, call (562) 598-8624.

Private and group lessons available from USPTA instructors. Personal training sessions available in the tennis center gym.

Interested in becoming a member? Call (562) 598-8624





You're going to love our Summer Camps!

Youth Etiquette Camp

Cricket Wantland
Los Alamitos Community Center, 10911 Oak Street

Youth etiquette is a fun and informative camp that provides a foundation of good manners, dining skillfulness, and leadership ability. Topics include using a cell phone, introducing yourself and others and what to do at a dinner table. Last class will include a 3 course meal at a local restaurant. \$20 restaurant fee and \$8 booklet fee payable to instructor at first class meeting.

326086-01 1 week Mon-Thu 9:30-10:30am 7-12yrs \$40
Dates TBD in summer Shoreline

Modern & Contemporary Art

Brenda Benveniste
Marina Community Center- Small Room, 151 Marina Dr.

Participants will create larger scale paintings inspired by the Master's of Modern and Contemporary art movements. \$30 material fee payable to instructor on the first day of camp.

326025-01 1 week Mon-Fri 8/15-8/19 12:30-3:30pm 10-14yrs \$161

Art Camps

Wildlife: Art of the Jungles

Brenda Benveniste
Marina Community Center- Small Room, 151 Marina Dr.

This extraordinary art workshop investigates the fundamental approach to art, develops drawing and sketching skills, and the application of color using mixed media. Students will learn to enhance and express their creativity, imagination, and artistic confidence in a non-competitive atmosphere. Students are expected to receive a high level of creative training during class as well as critical thinking and problem solving skills. The focus is on enjoying the process of art, the student's individual style and the expression of the world of nature in the visual arts. A finished work is accomplished at every class. Material fee of \$30 payable to instructor at first class.

326024-01 1 week Mon-Fri 8/15-8/19 9am-12pm 5-9yrs \$161



Damelo International Agency

Modeling Boot Camp

Dayana Roman De Brea

Marina Community Center- Small Room, 151 Marina Dr.

This fun and energetic camp is designed for your child to enjoy the summer while learning what it takes to be the Damelo's Next Top Model. In this creative camp students will be introduced to catwalk modeling, basic modeling moves, promotional modeling, hand positions, hair style, makeup techniques, wardrobe, photo shoots, photo movements, styling and more! Each day, students will have to complete modeling tasks that will take them to the final day of fashion competition. The fashion show competition will be held at the end of the last day of class. Parents and friends will find out who will be the next Miss Congeniality, Miss Photogenic, Miss Fitness and Damelo's Next Top Model. Don't forget to bring water and your modeling attitude! (Marina Community Center, 151 Marina Dr) (1 week)

336072-01 1 week Mon-Fri 7/11-7/15 9am-12pm 7-15yrs \$130

Damelo's Got Talent Camp

Dayana Roman De Brea

Marina Community Center, 151 Marina Dr.

Do you have a talent? Are you ready to be the center of attention and show off your talent? This camp will take you to the next level. Each day you will improve your talent through practice, games and fun activities. Students will learn everything about auditions, requirements and qualifications, as well as performing in front of a live audience, mental physical preparation, choreographies, and more! A small talent show will be on the last day of the camp for parents and friends to enjoy. Don't forget to bring a bottle of water and your winner attitude!

Marina Community Center- Small Room

336074-01 1 week Mon-Fri 7/11-7/15 4:45-6:45pm 7-15yrs \$86

Marina Community Center- Large Room

336074-02 1 week Mon-Thurs 8/8-8/11 12:30-3:30pm 7-15yrs \$70



Dance Camps

Hip Hop Dance Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$15 material fee payable to instructor at first class.

327043-01 4 days Tue-Fri 7/5-7/8 9:30am-12pm 5-12yrs \$95

Stars of Broadway!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Lights! Camera! Action! Join Miss Anne and crew in a wonderful week long adventure into the world of Musical Theatre. Students will explore improvisational acting, perform pieces from various musicals, dance with props, create costumes, hold auditions and more! Curtain's open at week's end for a show not to be missed! \$15 material fee payable to instructor at first day of camp.

327045-01 1 week Mon-Fri 7/18-7/22 9:30am-12pm 5-14yrs \$114

5678...The Dance Camp Choreography Challenge

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Students will be introduced to many forms of dance (hip hop, jazz, tap, and modern...) as well as the works of famous choreographers such as Fosse. Dancers will pair off into teams to learn to work together and create their own dance routines to a song they choose. Each group will perform in front of "judges" to be scored on originality & creativity, footwork & steps, and of course...smiles! At week's end, we'll be in costumes we've created and ready to perform our unique routines to a live audience! \$15 material fee payable to instructor on the first day of camp.

327046-01 1 week Mon-Fri 7/25-7/29 9:30am-12pm 5-14yrs \$114

Broadway Babies

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Come swing on a star with Miss Anne and her guest instructors for a fun week of exploring musical theatre! Little dancers will create their own costumes, hold mini-auditions, sing, dance and prepare for the stage. Imaginations will soar as we act out characters and scenes from beloved Broadway shows! Curtains open at weeks end for our own special show! \$15 material fee payable to instructor on the first day of camp.

327047-01 4 days Tue-Fri 8/2-8/5 9:30-11am 4-6yrs \$78

Long Beach Marine Institute Camps

Look for Marina Institute Camp info in the summer issue of Shoreline.

Superhero Gymnastics Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$15 material fee payable to instructor on the first day of camp.

327048-01 4 days Tue-Fri 8/2-8/5 11am-1pm 4-7yrs \$114

Edutainment Art Camps

Glee Camp

Edutainment Arts Staff

Marina Community Center- Large Room, 151 Marina Dr.

Campers work together to personalize some of today and yesterdays hottest songs; Glee club style! The end of the week brings parents and friends together to watch the magic happen!

323160-01 1 week Mon-Fri 7/11-7/15 9am-12pm 12-16yrs \$150



Top Chef Teen Camp

Edutainment Arts Staff

Marina Community Center- Large Room, 151 Marina Dr.

Our goal: to open a restaurant in one week for family and friends. Campers will learn food handling skills and hygiene and then learn how to make several delicious and fun dishes. This camp features delectable competitions with challenges. Menus are prepared and our restaurant is open at the end of the week for family and friends! (2 guests per student enrolled allowed at the final days meal).

323160-02 1 week Mon-Fri 7/25-7/29 12:30-3:30pm 12-16yrs \$150

Jewelry Making Camp: Green Edition

Edutainment Arts Staff

Marina Community Center- Small Room, 151 Marina Dr.

If you love jewelry making you'll love this camp! Not only do you get to make beautiful pieces of jewelry with standard materials, you'll make some using recyclable items! One day you'll use gorgeous glass beads, the next you'll use recycled paper, safety pins and a few things I'll bet you never thought to use, to make beautiful beaded bracelets, earrings and necklaces.

323160-03 1 week Mon-Fri 8/1-8/5 9am-12pm 6-12yrs \$150

Project Runway Camp: Junkyard Edition

Edutainment Arts Staff

Marina Community Center- Small Room, 151 Marina Dr.

Think you have what it takes to turn rolls of duct tape and black garbage bags into a beautiful dress? What about recycled news papers and leaves? This is a camp where you can let your creativity run wild and create something out of nothing! Each day you will have a "Challenge" that will let you work with different un-conventional items to create hats, duct tape, wallets, evening outfits, accessories and everything in between.

323160-04 1 week Mon-Fri 8/1-8/5 12:30-3:30pm 6-12yrs \$150

Dessert Shop Camp

Edutainment Arts Staff

Marina Community Center- Large Room, 151 Marina Dr.

Make different dessert, sweets, and other foods your parents don't want you to have too much of. A few healthier items will be offered, but not many. It's time for sugar and spice. On Friday, have a tasting of all your goodies for family and friends. (2 guests per student enrolled allowed at the final days meal).

323160-05 4 days Mon-Thu 8/8-8/11 8am-12pm 6-12yrs \$150

Star Wars Theme Camp

Edutainment Arts Staff

Marina Community Center- Large Room, 151 Marina Dr.

A camp that deals with every kind of bubble and every kind of balloon, and there are billions of them!

323160-06 1 week Mon-Fri 8/15-8/19 9am-12pm 4-6yrs \$150

Magic Camp

Edutainment Arts Staff

Heather Park, Heather St @ Lampson Ave.

Popular magic tricks will be broken down to their basic forms. We focus on the presentation and performance of magic turning a magic trick into a magic show. You will have a full kit of magic to take home with you at the end of the week. You'll be able to perform your new skills before family and friends on the last day of camp.

323160-07 1 week Mon-Fri 8/22-8/26 9am-12pm 6-12yrs \$150

IncrediFlix Camps

Check out our website IncrediFlix.com for examples. A \$35 production fee is payable to IncrediFlix for each camp. All flix will be professionally edited and a DVD will be mailed to every student.

Incredi-mate You

IncrediFlix Crew

Marina Community Center- Small Room/Park, 151 Marina Dr.

Do you want to be the star of your own cartoon? In this more advanced stop-motion animation class, you'll work in age appropriate groups to start your movie with a live action skit, which will segway into a paper- animated flick starring your own cartoon character with your face and voice!

327213-01 1 week Mon-Fri 6/27-7/1 12:30-3:30pm 7-13yrs \$172



Incredi-Lego Animation

IncrediFlix Crew

Marina Community Center- Small Room/ Park, 151 Marina Dr.

We know you love Legos, and we know you can create magical worlds. Now it's time to bring those worlds to life in Lego animated flix! We provide the Legos and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age appropriate groups.

327213-02	1 week	Mon-Fri	7/11-7/15	1:30-4:30pm	7-13yrs	\$172
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Incredi-Acting*

IncrediFlix Crew

Marina Community Center- Small Room/ Park, 151 Marina Dr.

So you want to be on camera? Whether you're completely new at this, or want to improve your skills, these camps are designed to bring you to the next level. We have rehearsals, we have training, and at the end you'll make your own commercial! We'll send all this to you on DVD, so you have it for your reel or just to use for practice.

327213-03	1 week	Mon-Fri	8/22-8/26	9am-12pm	7-13yrs	\$172
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Incredi-Film*

IncrediFlix Crew

Marina Community Center- Small Room/ Park, 151 Marina Dr.

Are you the next star director? Actor? Writer? Cameraman? Of course you are, and you get to do it all in these live action flix! You'll work in groups to make your vision come true in these movies where you'll push your limits in acting, writing, directing, and more.

327213-04	1 week	Mon-Fri	8/22-8/26	12:30-3:30pm	7-13yrs	\$172
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**Sign up for both morning and afternoon camps and IncrediFlix will provide lunch supervision and waive one production fee!*

Kiddie Techie Enrichment Camps

Video Game Design 101

Kiddie Techie Enrichment Staff

Marina Community Center- Small Room, 151 Marina Dr.

Design, build and take-home your own Windows-based video games. Emphasizing a creative and inventive process with a no-violence policy, participants will learn the basic mechanics of game design including object oriented programming. \$20 material fee payable to instructor at first class.

323190-01	1 week	Mon-Fri	6/20-6/24	9am-12pm	9-14yrs	\$199
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Video Game Design 201

Kiddie Techie Enrichment Staff

Marina Community Center- Small Room, 151 Marina Dr.

As a continuation of Video Game Design 101 participants will learn to put the basic mechanics into more action by learning and applying game physics and being introduced to scripted programming that lends itself more towards platform gaming. \$20 material fee payable to instructor at first class.

323190-02	1 week	Mon-Fri	7/25-7/29	1-4pm	9-14yrs	\$199
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Web Design and Publishing

Kiddie Techie Enrichment Staff

Marina Community Center- Small Room, 151 Marina Dr.

Students learn how to make their own web page and publish in on the World Wide Web. Topics covered: Web Design with WYS/WYG (what you see is what you get). Showcase your video, photo gallery, favorite games on the website. HTML concepts; Primary tags; Hyperlinks; text formatting; Colors, Backgrounds and Fonts; Pictures, Graphics and Animations; Tables; Web publishing and more! \$20 material fee payable to instructor at first class.

323190-03	1 week	Mon-Fri	7/25-7/29	9am-12pm	9-14yrs	\$199
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Digital Scrapbooking

Kiddie Techie Enrichment Staff

Marina Community Center- Small Room, 151 Marina Dr.

Organize precious photos and videos of family and friends by creating beautiful, digital scrapbooks while exploring various multimedia outlets. Using Microsoft PowerPoint, Publisher and Windows Movie Maker, you will learn to edit photographs, videos and text to design an attractive digital scrapbook. You and your kids can learn the basics of Microsoft Office while creating an imaginative, memorable, and inspired project. \$20 material fee payable to instructor at first class.

323190-04	1 week	Mon-Fri	6/20-6/24	1-4pm	6-13yrs	\$199
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Mad Science Camps

Science in Motion

O.C. Mad Science Staff

Marina Community Center- Small Room/ Marina Park, 151 Marina Dr.

Discover how things move with science. Take apart pellets to see what an owl can digest. View the world through a camera obscura, kaleidoscopes and prisms. Assemble and control pulleys, levers, catapults, and mega pinchers. Take a walk on the wild side to explore the beasts of the fields and the birds of the air. Build your own birdhouse; make your own sidewalk chalk; grow your own crystal gardens; play with Magic Mud, and much more. See you there! \$30 materials fee payable to instructor on the first day of camp- includes a Mad Science t-shirt.

327203-01	1 week	Mon-Fri	6/27-7/1	9am-12pm	5-12yrs	\$135
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Rockin' Rockets

O.C. Mad Science Staff

Marina Community Center- Small Room/ Marina Park, 151 Marina Dr.

Design and build many different types of flying devices! See how things move through the air and how rockets fly! Awesome aerodynamics that are fun filled with loops, twists, and sometimes crashes. Make out of this world Milky Way Ice Cream from scratch. Experiment with different kinds of propulsion systems as you use your new knowledge to blast off, track and recover different kinds of flying makings. Have a "Rockin'" good time with Mad Science X-Treme Rockets. \$30 materials fee payable to instructor on the first day of camp- includes a Mad Science t-shirt.

327203-02	1 week	Mon-Fri	7/18-7/22	9am-12pm	5-12yrs	\$135
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Crazy Chemworks

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr.

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret recipe of slime, examine crystallization, probe through shifting states of matter, and much, much more. By the end of the week the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! \$30 material fee payable to instructor on the first day of camp- includes a Mad Science t-shirt.

327203-03	1 week	Mon-Fri	8/22-8/26	9am-12pm	5-12yrs	\$135
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On Camera Acting Camp

Marc Gordon

Marina Community Center- Small Room/ Park, 151 Marina Dr.

Come take acting classes from a professional actor and comedian. This hands on class will build participants confidence on camera. During the course of this class students will work on auditioning for commercials, films, and television shows. Participants will also learn Improv and character development. All participants will receive a copy of their work at the completion of the class. \$20 material fee payable to instructor at the first class meeting.

336070-01	Mon-Thu	8/8-8/11	9-10:30am	7-10 yrs	\$90
336070-02	Mon-Thu	8/8-8/11	10:45am-12:45pm	11-15 yrs	\$110

Play-Well TEKnologies Camps

Pre- Engineering Fundamentals

Play-Well TEKnologies Staff

Marina Community Center- Large Room, 151 Marina Dr.

Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO building systems while learning useful construction techniques.

313050-01	1 week	Mon-Fri	6/20-6/24	9am-12pm	5-6yrs	\$187
313050-02	1 week	Mon-Fri	6/27-7/1	1-4pm	5-6yrs	\$187

Engineering Fundamentals

Play-Well TEKnologies Staff

Marina Community Center- Large Room, 151 Marina Dr.

Learn how to design and build motorized machines, houses, pyramids, bridges, catapults, buildings, and other constructions with LEGO. Experienced students will be given new projects.

313051-01	1 week	Mon-Fri	6/22-6/24	1-4pm	7-12yrs	\$187
313051-02	1 week	Mon-Fri	6/27-7/1	9am-12pm	7-12yrs	\$187

Skyhawk Sports

Skyhawks provides a wide variety of fun, safe, and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a life-long love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport.

Mini-Hawk

Skyhawks Sports Staff

Heather Park, Heather St @ Lampson Ave.

This multi- sport program was developed to give 4 to 7 year-olds a positive first step into athletics. Soccer, baseball, and basketball are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt and merit award. The participant-to- coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

323180-01	1 week	Mon-Fri	7/25-7/29	9am-12pm	4-7yrs	\$142
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Multi-Sport (Baseball, Basketball & Soccer)

Skyhawks Sports Staff
Heather Park, Heather St @ Lampson Ave.

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine soccer, baseball, and basketball into one fun-filler week. Athletes will learn the rules and essential skills of each sport along with vital life lessons as respect and teamwork. All participants receive a t-shirt and merit award. The participant-to-coach ratio is approximately 12:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, a baseball glove, and sunscreen.

323181-01 1 week Mon-Fri 8/15-8/19 9am-12pm 6-12yrs \$142

Skayhawks- Soccer

Skyhawks Sports Staff
Heather Park, Heather St @ Lampson Ave.

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their child to the fundamentals of the world's most popular sport. Using our progressional curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 14:1. Participants should bring appropriate clothing, two snacks, a water bottle, shin guards, running shoes, and sunscreen.

323182-01 1 week Mon-Fri 6/27-7/1 9am-1pm 6-12yrs \$152

Skyhawks- Capture the Flag

Skyhawks Sports Staff
Heather Park, Heather St @ Lampson Ave.

You know it from playgrounds, backyards and family get-togethers. We take all the traditional aspects of game and put a Skyhawks spin on it. Your young athlete will learn strategy in addition to the rules of the game while we incorporate sportsmanship and teamwork into this action packed camp. At the end of the week participants will play for the Skyhawks Flag. Bring your friends or come and make new ones in this unique and fast-paced program. All participants receive a t-shirt and merit award. The participant-to-coach ratio is approximately 14:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

323184-01 1 week Mon-Fri 7/18-7/22 9am-12pm 6-12yrs \$142

The Total Sport Camp

Scott Durzo & Staff
McGaugh Gym & Field (Near West Gate), 1698 Bolsa Ave
Ages: 5-11 yrs

Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! Staff is well trained and has a positive approach to teaching your child! Kids will enjoy themselves and feel good about playing sports and activities! Participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly if you have any questions at scottdurzo@mac.com or visit the camp website at www.totalsportcamp.com.

Early drop off available- \$5 per extended care. No credits given on missed days. Check out the summer issue of Shoreline for field trip info and fees.

Total Sport Camp	15 Day Kid Card	30 Day Kid Card	Daily Rate (10am-3pm)	Weekly Rates (Mon- Fri 10am-3pm)	
Fee	\$450	\$850	\$35	\$145	
Class No.	327011-01	327011-02	327013-01	327010-01	6/20-6/24
				327010-02	6/27-7/1
				327010-03	7/4-7/8
				327010-04	7/11-7/15
				327010-05	7/18-7/22
				327010-06	7/25-7/29
				327010-07	8/1-8/5
				327010-08	8/8-8/12
				327010-09	8/15-8/19
				327010-10	8/22-8/26





Coed Beach Volleyball

Maria Fattal
Seal Beach – South side of Pier, 10th St @ Ocean Ave

Dive into the sand for summer volleyball action! Experienced coaches from Seal Beach Volleyball Club will lead these one-week camps. Fundamentals taught then reinforced in games. All sessions held Southside of pier.

Mon-Fri 1 week Dates TBD in summer Shoreline 10-15yrs 9-11am \$100

Coed Beginning Volleyball

Maria Fattal
McGaugh Gym, 1698 Bolsa Ave.

Learn to play volleyball this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games.

Wed Dates TBD in summer Shoreline 3:30-5:30pm 9-14yrs \$100

Coed Intermediate Volleyball

Maria Fattal
McGaugh Gym, 1698 Bolsa Ave.

Perfect your volleyball skills and learn how to run a 6-2 offense. Class consists of a warm-up, skills work, and a half-hour of playing. For players who play on 8th grade school teams or club teams or by instructor's approval, please email sbvbcmaria@yahoo.com or call 562-430-1092 with experience.

Mon & Fri Dates TBD in summer Shoreline 3:30-5:30pm 12-14yrs \$180

Coed Advanced Volleyball

Maria Fattal
McGaugh Gym, 1698 Bolsa Ave.

Fine tune fundamental volleyball skills while learning advanced skills. Learn middle quick attacks, blocking, diving, rolling, and jump serving. Must have prior volleyball experience in running a 6-2 offense, blocking, a three step approach, and overhand area serving. Instructor's approval needed to participate, please email sbvbcmaria@yahoo.com or call 562-430-1092 with experience before enrolling.

Tue & Thu Dates TBD in summer Shoreline 3:30-5:30pm 12-17yrs \$200

OC Dance Productions



Look for OC Dance Production's Cheerleading Camp information in the summer issue of *Shoreline*.

Red Car - Seal Beach Historical Society

Exciting Opportunity! Red Car Museum members wanted! Do you love history? Do you love the Red Car Museum? Then come and be a part of the Historical Society. We are looking for enthusiastic members to join our team and share our history. We also have a community meeting every other month with interesting speakers. Join us! Please visit the Seal Beach Historical Society website for more information at www.sealbeachhistoricalsociety.com.



Membership

Youth \$7.00 • Single \$15.00 • Family \$25.00 • Life \$200.00



Explorer Hunt

The Seal Beach Police department is looking for young men and women to participate in its Police Explorer program. Applicants must be from age 14 to 18 and have a 2.0 or better grade point average. Police Explorers learn about law enforcement procedures, go on ride-alongs with Police Officers, and other activities. Meetings are every Friday from 4:30 p.m. to 5:30 p.m. For more information contact the Explorer Advisor at **562-799-4100, ext. 1136**.

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Dial-A-Ride Program in Seal Beach

Monday, Tuesday, and Wednesday operate between 2-5pm. Pick up and drop off at Leisure World only and take you to the Ralph's or Target shopping area. Thursday's they operate between 9am-5pm.

- 9am-2pm - Pick up and drop off from Leisure world only and will take them to the Ralph's or Target shopping area.
- 2-5pm - Pick up and drop off anywhere in Seal Beach.
- Friday - closed

For reservations and additional information, call (562) 439-3699.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.



Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

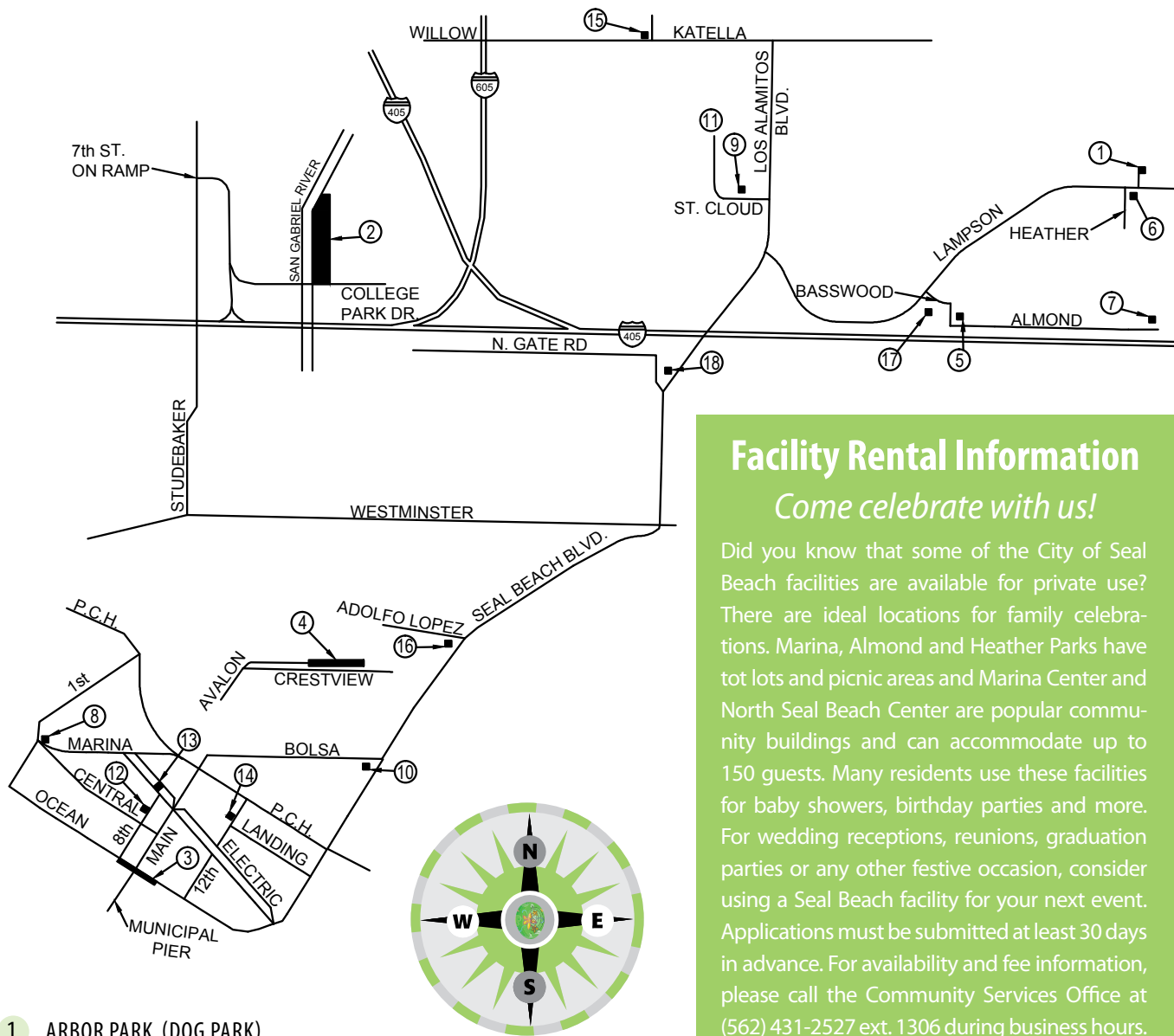
Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

AARP- Driver Safety Program

Seal Beach Senior Center, 707 Electric Ave.

This is a renewal course. Enroll in this innovative, interactive classroom-only driver retraining program designed to assist older persons improve driving skills. THIS IS NOT A DRIVING COURSE but includes information on: effects of aging & medications, basic driving rules, license renewal, local traffic hazards, adverse road conditions, energy saving, and accident prevention measures. You may receive an auto insurance discount by completing this course. Pre-Registration is required. Please call (562) 431-2527, ext 1344 to receive registration material by mail. The course fee is \$12 per person for AARP members and \$14 per person for non-members. Please make checks payable to AARP.

156080-03	1 Day	Thu	3/17	9am-1pm	50+ yrs
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Facility Rental Information

Come celebrate with us!

Did you know that some of the City of Seal Beach facilities are available for private use? There are ideal locations for family celebrations. Marina, Almond and Heather Parks have tot lots and picnic areas and Marina Center and North Seal Beach Center are popular community buildings and can accommodate up to 150 guests. Many residents use these facilities for baby showers, birthday parties and more. For wedding receptions, reunions, graduation parties or any other festive occasion, consider using a Seal Beach facility for your next event. Applications must be submitted at least 30 days in advance. For availability and fee information, please call the Community Services Office at (562) 431-2527 ext. 1306 during business hours.

- 1 ARBOR PARK (DOG PARK)**
4665 Lampson, behind WestEd Facility
College Park East Off Lampson 100 ft. East of Heather St.
Soccer and Baseball Fields, RR
- 2 EDISON PARK & GARDENS**
99 College Dr, in College Park West
Tot Lot, Basketball Ct, Sand Volleyball, Softball Diamond, Public Gardens, PP
- 3 EISENHOWER PARK**
Ocean Ave & Main St, in Old Town Greenbelt adjacent to the Pier
- 4 GUM GROVE NATURE PARK**
On the Hill Corner of Crestview & Avalon Drive
Urban Forest of Eucalyptus Trees, Passive Hiking Trail, PP
- 5 (BB) BLUEBELL PARK**
Almond Ave & Bluebell St., in Col Pk East
Basketball Ct, Play Field & Tot Lot (Lights)
- 6 (HP) HEATHER PARK**
Heather St. & Lampson, in Col Pk East
Tennis Cts (Lights), Play Field, Tot Lot, PP
- 7 ALMOND PARK**
4600 Almond Avenue. Tot Lot, Play Field, Basketball Courts
- 8 MARINA CENTER & PARK**
151 Marina Dr, at 1st St. in Old Town
Community Center, Tot Lot, Tennis Courts (Lights), Basketball Court (Lights),
Racquetball Courts (Lights), RR, PP
- 9 NORTH SEAL BEACH CENTER (NSBC)**
3333 St.. Cloud Dr
Community Center, Daily Senior Meals, RR

- 10 MCGAUGH GYMNASIUM,
POOL, TENNIS COURTS & FIELDS**
1698 Bolsa Ave, at Seal Beach Blvd, On the Hill.
Pool Office Phone: 430-9612
Public Pool, Gym, Tennis Cts, Play Fields, RR
- 11 ROSSMOOR/LOS ALAMITOS LIBRARY**
- 12 CITY HALL & RECREATION OFFICE**
211 8th St., 2nd floor in Old Town
- 13 SENIOR CENTER AT MARY WILSON LIBRARY**
707 Electric Ave in Old Town. Senior Center Facility, Greenbelt, RR
- 14 ZOETER SOFTBALL FACILITY**
12th Street & Landing Avenue. Premier Softball Diamond (Lights), RR
- 15 LOS ALAMITOS COMMUNITY CENTER**
10911 Oak St., Los Alamitos (Oak & Katella)
430-1073, Co-Sponsor for Programs
- 16 SEAL BEACH POLICE**
Seal Beach Blvd, at Adolpho Lopez Drive. (562) 799-4100
- 17 SEAL BEACH TENNIS CENTER**
Tennis Facility Located in Seal Beach on Lampson,
just east of Seal Beach Blvd.
- 18 FIRE STATION #48**
Community Room, located at
3131 N. Gate Road

3 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

Seal Beach Community Services Department

211 8th Street

Seal Beach, CA 90740

No confirmation is sent to you. Please consider yourself enrolled and attend the first scheduled class. Your canceled check is your receipt. If you want a receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

**Registration Begins
February 14, 2011**

2 FAX

Call (562) 430-3498

You may register by fax with your Visa or MasterCard. Fax us 24 hours a day at (562) 430-3498. Please have all your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

3 WALK IN

Open Monday - Friday

Registration can also be made in person at Seal Beach City Hall from 8 am to 5 pm Monday-Friday. Closed from 12-1pm daily.

ON-SITE

We hate to cancel classes due to late registration. Please enroll early to avoid cancellations. Thank you.

Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us.

► Refund checks will be mailed within three week following the request.

► If the Department cancels a class, an automatic refund will be processed at no cost to the registrant.

► A \$25 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

► A \$10 Service Charge for any requested REFUND.

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1344.

Community Services Department

City of Seal Beach

211 8th Street

Seal Beach, CA 90740

Office (562) 431-2527 ext. 1344

Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
(closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach Shoreline? If so, you can email them to Dana at dkukuruda@ci.seal-beach.ca.us.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!



Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

☐ Check if address or phone number has changed (For returning Participants only)

PARTICIPANT 1st NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$
						TOTAL \$

RELEASE AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

DATED: _____ SIGNATURE: _____
(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

☐ CHECK #: _____ CHECK DATE: _____

☐ CASH

☐ VISA  ☐ MASTERCARD  (NO DEBIT CARDS) TOTAL CHARGED TO ACCT: \$ _____

CARD # --- EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

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37th Annual **RUN** **SEAL BEACH**

Saturday, April 2, 2011
5K, 10K and 1K Fun Run

RACE TIMES:

7:30 AM - Kids 1K Fun Run

8:00 AM - 5K/10K

8:05 AM - 5K Walk

RACE FEATURES:

- Electronic timing chips for all 5K & 10K participants
- Supervision for kids 1K Fun Run
- All registered runners will receive a high quality short sleeve T-shirt. Sizes are limited and exact sizes not guaranteed
- Expo at finish area
- May run or walk with baby jogger or leashed only dog

For more information or to register, visit
www.sealbeachrun.com

Race Registration & Packet Pickup:

- Registration forms available at the Community Services Department located at 211 8th Street, register online at www.SealBeachRun.com or www.active.com
- Friday, April 1st- 3:00pm-8:00pm
- Saturday, April 2nd, Packet Pickup Only - 6:30am-7:45am
Marina Community Center corner of Marina Drive and First Street, Seal Beach.

NO RACE DAY REGISTRATION WILL BE ACCEPTED

Group Registration Rules:

- Group registration applies to groups of 10 or more only.
- Groups must pre-register. No late or same day registration will be taken.
- Each participant must complete and sign a registration form and waiver.
- Signed forms and payment for entire group must be submitted at one time.
- All numbers & shirts must be picked up by one group member at one time only. No split sets.
- Team captain must send payments for all entries at one time.

Awards- 5K Walk & 5/10K Runs

Awards to the top 3 finishers in each of the 13 divisions (walkers and runners). Special run awards for overall run champions- Male and Female. First place Seal Beach Male and Female Runners to receive special awards. Ribbons to all kids 1K Fun-Run participants. Must be present to claim award. Awards will not be mailed after event.

Age Divisions:

10 & under, 11-13, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Note:

Timing results for the 5K & 10K Walk/ Runs will be based on "chip times" (not gun times). Chip times start when you actually cross the start mat and end when you cross the finish mat. The 10K Run has a time limit of 1 hour and 45 minutes. The course will be cleared at that time by officials.

Proceeds from this Event:

Proceeds from the race go to benefit recreation programs, services, and facilities in the Greater Seal Beach area. Funds are administered via a grant process to local organizations who meet the criteria. See our website for full qualification details and information at www.SealBeachRun.com.

